



Let's Talk About Suicide Support Services



County Mayo

Addiction Services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous - Connaught	089 2109824	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110	www.barnardos.ie
HUGG	01 5134048	www.hugg.ie
Jacinta's Smile Sibling Bereavement Support	090 6625898	www.jacintasmile.ie
Suicide Bereavement Liaison Service:		
Mayo	087 217 2866	www.thefamilycentre.com
National Bereavement Support Line	1800 80 70 77	Monday – Friday. 10 am – 1pm.
Counselling Services	Telephone	Website
Curam, Claremorris	094 93 62096	www.curamclaremorris.ie
Family Centre, Castlebar, Co. Mayo	094 90 25900	www.thefamilycentre.com
Helplink Support Services	0818 998 880	www.helplink.ie
HSE Counselling in Primary Care	091 583 682	www.hse.ie
HSE National Counselling Service	1800 234 114	www.hse.ie
Knock Counselling Service, Mayo	094 93 75032	www.knockshrine.ie
No 4 Youth Service	091 568 483	www.no4.ie
Turn2Me Online Counselling & Support Groups		www.turn2me.org
Westport Family Resource Centre	098 24419	www.westportfrc.ie
Youth Work Ireland, Youth Counselling Service	086 024 7763	www.youthworkireland.ie
Family Services	Telephone	Website
HSE Child & Adolescent Psychology, Mayo	094 90 42281	www.hse.ie
Parent Line	01 8733500	www.parentline.ie
Tusla, Family Support Services,		www.tusla.ie
Tusla, Social Work Department.		www.tusla.ie
Rainbows	014734175	www.rainbowsireland.ie
Mental Health Services	Telephone	Website
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 2107906	www.bodywhys.ie
GROW	0818 474474	www.grow.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
Mindspace Mayo	094 90 67001	www.mindspacemayo.ie
Pieta, Ballina	093 25586	www.pieta.ie
Recovery College, Mayo	086 0294901	www.recoverycollegewest.ie
Shine	01 8601610	www.shine.ie





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Other	Telephone	Website
Cairde Mayo LGBTI+ Youth Group	087 7714967	
Crime Victims Helpline	116 006	
Flourish, Castlebar (social prescribing)	087 185 7280	
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
Mayo Women's Support Services	094 9025409	www.mwss.ie
Men's Aid Ireland	01 5543811	www.mensaid.ie
Rape Crisis Centre, Mayo	1800 234 900	www.mrcc.ie
Sexual Health West (formerly Aids West)	091 566266	www.sexualhealthwest.ie
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
ShOUT (LGBT and questioning, ages 14-17 and 18-21 years)	087 659 5534	
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
Westdoc (out of hours GP)	0818 360000	www.westdoc.ie

